



The Compassionate Friends

Greater Omaha Chapter

Supporting Family After a Child Dies

Mar-Apr
2017

Mission Statement: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

www.tcfomaha.org

[Facebook.com/TCF Omaha](https://www.facebook.com/TCF Omaha)

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402-571-4011

P.O. Box 540852

Omaha NE 68154

You're Not Alone

At first you are numb—family and friends, they do care;
But when you can feel again, family and friends are not there.

It may take them weeks, but it will take you years,
To get through the pain that still brings you tears.
So you cry, then you search. You pray and you plan,
To find answers to questions that they don't understand.

It takes someone special to help ease the pain,
Someone who will listen because theirs is the same.
In this room full of people you have never known—
In this room there compassion and you're not alone.

—Tonie Mason, TCF Northeast Georgia



Do You Know?

Do you know what I've learned,
That the deepest, truest healing
Offered by The Compassionate Friends
Comes not in the first few years, but later?

Do you know
That just when you think
There is no more to gain
By coming to meetings,
Something you will say or do

Will help another,
And another...
And exponentially,

Through your opened heart,
There can flow riches,
Gifts beyond imagining?

Do you know
That TCF's truest alchemy
Lies not in what we can get
But what we can give?

That by turning grief's dark energy
And inner absorption outwards
Towards the hope of helping others
We can regain a sense of purpose,
Honor our beloved children,
And take them with us as we do?

All this...
If only you stay on - or come back -
To help those more newly bereaved,
Sharing your own unique path through grief

And learning, along with others,
What you did not know you know.

~Genesse Bourdeau Gentry, Mom of Lori & Megan, TCF
Marin County, California
Author of Stars in the Deepest Night: After the Death of a
Child

SUPPORT MEETING TIMES AND LOCATIONS

For parents, grandparents and siblings over 18

Omaha

1st Thursday 7-9 pm

New Cassel Retirement Center
900 N 90th Street, Auditorium Level 2

Fremont

2nd Thursday 7-9 pm

Fremont Health 450 E 23rd Street

Lincoln

3rd Thursday 7-9 pm

The Space 5900 S 58th Street Suite, Suite H

A LOVE GIFT is a donation given in memory of a child who has died. It can also be in honor of a happy event that you would like to acknowledge. Your contributions can be in any amount, are tax deductible and are a source of income for our non-profit chapter.

You may make a donation at meetings, on our website, or by mail.

We are so very grateful for the Love Gifts listed below. Thank you for caring and sharing!

Love Gifts Received December 1—January 31

General Fund

Memorial Programs

Outreach

Angel of Hope

To protect the privacy of our members, this information has been removed from the public version of our newsletter.

Grief Is Like a River

by Cynthia G. Kelley

My grief is like a river---

I have to let it flow,

But I myself determine

Just where the banks will go.

Some days the current takes me

In waves of guilt and pain,

But there are always quiet pools

Where I can rest again

I crash on rocks of anger ---

My faith seems faint indeed,

But there are other swimmers

Who know that what I need

Are loving hands to hold me

When the waters are too swift,

And someone kind to listen

When I just seem to drift.

Grief's river is a process

Of relinquishing the past

By swimming in Hope's channels

I'll reach the shore at last.

Life

I believe we choose our destiny before we are born and having a special person, such as a sister, is once in a lifetime. Thinking back on our lives, growing up together was not easy at times. But nothing in life really is. We share many things in our life together....happy times...sad times. But one thing that stands out is love. We always had extra love to go around. But life is not always what it seems. In just a blink of an eye, our life is turned upside down. Our world has stopped, what we no longer knew is what we know now. How life can change from happy content family to now a sorrowful, lonesome, and yearning family...I know now I've been the lucky one. I was given a gift by God to have a sister like you. Nothing in the whole world could ever take your place in my heart and in the heart of others you've touched. I love you...Terri Rae.

By Antoinette Martinez, Rohnert Park CA, Stages TCF, Vol 6 No. 3

Save the Date!

May 4—Guest speaker Wendy Everson, PLMHP "Stress Management"

June 1—Men's and women's sharing groups

June—Walk to Remember, watch for exact date and details soon.

July 6— Guest speaker JoAnn Smith "Misconceptions of Grief"

July 28-30, National Conference Orlando FL

September 17—Annual brick dedication

Night Agonies In the deepest part of the night, when I am alone with my blackest grief, I reach deep inside myself and measure the depth of love for my child. I focus on these feelings, now made unequivocal by death, and realize that an emotion so strong, so pure, cannot be obliterated by the physical act of dying. My love lives on. This link to my child remains, unbroken, unaltered. This bond, the strongest two people can share, continues. But how can it remain, if my child does not? A solid bridge must have a secure footing on either side. The strength of the love that flows to my child from the deepest part of my being remains as it was in her life. I must conclude it is still anchored in the very fiber of my child's soul--on the other side of death. With the reawakened awareness of the connection of our love, I find proof of her continuance, a soothing reassurance that though she is no longer with me, she still IS. Sally Migliaccio, TCF Babylon NY



Love Gifts · Address Change · Authorizations

Mail to: The Compassionate Friends , PO Box 540852, Omaha, NE 68154

Your Name _____

Address _____

Email _____

City _____

State _____

Zip _____

Phone _____

Date _____ Gift of \$ _____

DIRECT MY GIFT TOWARD:

- Outreach -printing, postage, phone, web Angel of Hope Memorial Programs

In Memory of _____

Message: _____

Join our chapter e-mail list to receive timely notices, writings, articles, special information and more. This is an important communication tool throughout the month for our members.

Update or unsubscribe:

www.tcfomaha.org/contactus

Remembering Our Children....Always

Birthdays

Anniversaries

To protect the privacy of our members, this information has been removed
from the public version of our newsletter.

If you would like your child listed here,
please update your permission annually.

<http://www.tcfomaha.org/subscribeauthorizations.htm>

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A Tribute to my Sister Lori Lee Smith

I Saw You

I saw you today in the morning dew
As brilliant as a sea of shimmering diamonds
I shared the most amazing sunrise with you today
A million shades of red so random in their perfection
I heard you today in the laugh of my children
An enchanting melody a thousand angels strong
I walked with you today and we talked about everything
... and nothing all at once
I saw you today in the changing of the leaves
The colors of your life, the close of one season
And the ushering in of another
I sat beside a stream with you today
The peaceful flow, steady and constant
I saw you today . . . and you were perfect
And rest assured . . . I shall see you again
By Avery Smith, TCF Ada Area Chapter





The Omaha Chapter is offering \$250 reimbursement for **first time** conference attendees. Inquire early to reserve yours. (Limited number available.)

Attending a Compassionate Friends Conference is a deeply rewarding and healing experience. The sense of community and love is overwhelming.

Hundreds of people want to hear about your child and care about your real feelings. Plan to attend, and share the power of compassion with another grieving parent.

[https://www.compassionatelffriends.org/event/40th-tcf-national-conference/](https://www.compassionatelfriends.org/event/40th-tcf-national-conference/)

Registration, travel, hotel and meals are the responsibility of the applicant.

Chapter member

Requirement 1:

Attend at least 4 support group meetings of TCF Omaha 2016-2017

- _____
- _____
- _____
- _____

Conference Workshops and dates attended:

Requirement 2:

Attend at least 2 conference workshops per day, the candle lighting banquet, and the opening and closing ceremonies.

- _____
- _____
- _____
- _____
- _____

Share your experience

Requirement 3: Write a short story or article about how the conference helped you, and be willing to pay it forward in some small way.

When all three requirements have been met, return application and a copy of your conference badge to:
TCF Omaha, PO Box 540852, Omaha NE 68154



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Circumstances of Our Loss

1. A Flower Picked Too Soon: Panel Discussion on the Death of a Child Under 10 ~ *Brian & Maria A. Medina **
2. Beyond Losing a Loved One to a Substance Related Cause ~ *Barbara Allen*
3. Communication After Stigmatized Losses ~ *Sally O. Hastings*
4. Death by An Impaired Driver - A Panel ~ *Kay & Fred Cooke*
5. Death from The Disease of Addiction - A Panel ~ *Nancy Juracka*
6. Death of the Troubled Child ~ *Louise Strasenburgh **
7. Panel for Bereaved Parents with No Surviving Children - Finding a Purpose for Living after All Our Children Have Died ~ *Ann Lindner **
8. Grief Following a Long Term Illness ~ *Debbie Gossen*
9. Grieving a Stigmatized Loss: How Parents and Siblings Heal - A Panel ~ *Sara Tagget*
10. Grieving Through Interaction with Police, Attorneys, and the Courts ~ *Chuck Collins*
11. The Journey after Losing a Child Due to Medical Error ~ *Amy Vilela **
12. Living with Uncertainty Surrounding the Death of a Child ~ *Christine Williams **
13. Loss of a Child Due to Miscarriage or Stillbirth ~ *Kelly Kittel & Ann Walsh*
14. Loss to Drowning, Panel ~ *Mark & Debbie Rambis **
15. Loss to Homicide: Surviving the Complicated Aftermath ~ *Kathleen Willoughby **

CONFERENCE WORKSHOPS

(Workshops and presenters are subject to change without notice.)

** New workshop or new presenter*

16. Multiple Loss - A Panel ~ *Jacquie Edwards-Mitchell*
17. Rising Above Suicide ~ *Dr. Doug & BJ Jensen **
18. Sudden Death of a Child ~ *Denise Dean & Eugene Caligari*
19. Sudden Death-Vehicular: A Panel ~ *Steve Schmeisser*
20. For Men Only – A Men’s Panel Frankly Discussing Surviving Grief as A Man ~ *Jim Darby*
21. For Men Only – Women Explaining Women to Men ~ *Bobbi Milne, Ann Walsh & Trish Stoskus*
- For Men**
22. For Women Only – Helping Women to Understand the Grief of Men ~ *Jim Darby & R. Glenn Kelly*
- For Women**
23. A Grandparent’s Grief ~ *Therese Starkey*
- For Grandparents**
24. The 4 Keys To Optimal Health ~ *Patty Durell **
25. 20 Lessons from the Very Edge (That I Probably Wouldn’t Have Learned Any Other Way) ~ *Vicki Scalzitti*
26. After-Death Communications ~ *Bill Guggenheim*
27. “As We Continue to Thaw” - How We Cope With the Changes of “Freezing and Thawing” Throughout Our Grief Journey - A Panel ~ *Lora & Dave Krum **
28. Finding Hope After Loss ~ *Gloria & Heidi Horsley*
29. The Gifts of Grief ~ *Donna Goodrich*
30. Grief 101 ~ *Gloria & Heidi Horsley*
31. Healing Improv, Comedy Improv Grief Workshop ~ *Bart Sumner*
32. The Healing Power of Creating a Memorial Fund ~ *Tim Meadows*
33. Intimacy and Grief - *Dr. Bob Baugher*
34. Paying Tribute to Our Children ~ *Rod Mebane **
35. The Power of Vulnerability, Who Am I as a Griever? ~ *Mitch Carmody*
36. “Sense”-ible Ideas for a Healing Environment ~ *Joan Campbell **
37. Standing on One Foot - Learning to Refind Balance in Life ~ *Dr. Neal Raisman **
38. Starting Now: Five Best Practices for Healing and Hope ~ *Linda Lister, Ph.D. **
39. Thriving After the Death of a Child ~ *Cathy Cheshire*
40. Transforming Tragedy into Legacy ~ *Gareth Williams **
41. What’s Love Got to do with it? EVERYTHING! ~ *Nisha R. Zenoff, Ph. D. **
- Grief Related to Family & Friends**
42. Grief in Perspective: A Panel of Siblings and Parents ~ *Lisa Miller Nalbantov & Blake Tagget*
43. Parents Perspective of Surviving Children - What about Me? ~ *Michele Muro & Varda Wendorff*
44. Sibling Panel for Parents ~ *Keith Singer*
45. Step-Parents and Grief: It’s Complicated ~ *Barbara & Roy Davies*
- Early Grief**
46. Am I Still A Parent: Becoming Childless ~ *Marie Levine*
47. Bears, Quilts and Projects in Memory of Our Children ~ *Gail Lafferty & Kathy Rambo*
48. Beginners Guide to Creating a Digital Memory Archive of Your Child ~ *Clayton E. Samels*
49. Blogging with Purpose ~ *Alexis Marie Chute & Aaron Chute*
50. Breathing Lessons ~ *Coralee Ruff, RN, Ph.D.*
51. Drawing - Connect with Your Child/Grandchild/Sibling by Drawing from Photos with the Technique of “Contour Line Drawing” ~ *Leeann Agost **

52. Sounding Your Way Home: Finding Your Voice after Loss ~ *Prof. Jeralyn Glass* *
53. Fitness & Grief - Taking Care of Yourself Mentally and Physically Is the Key! ~ *Steve Parker* *
54. Get the Grief Moving Exercise Class ~ *Pamela Samuel Hagens*
55. Laugh Your Way to Joy: Learning to Laugh after Loss ~ *Linda Shively*
56. Meditation ~ *Ann Lindner* *
57. Music and Other Proven Grief Relievers ~ *Dr. Doug & BJ Jensen* *
58. Soul Soothing Sounds ~ *Prof. Jeralyn Glass* *
59. Unstructured, but Organized Running Club ~ *Pamela Samuel Hagens*
60. Writing: A Workshop to Reveal and Heal for the Long-Term Griever ~ *Joanne Buehler* *
61. Writing and Publishing Your Book - A Panel ~ *Chuck Collins*
- Other Topics Related to Grief**
62. A Panel Presented by TCF Diversity Commission: Understanding Diversity and Grief - Diversity, Grief, Understanding, Respecting and Inclusion ~ *Nivia Vázquez*
63. A Workshop on Worry ~ *Dr. Bob Baugher*
64. Anger ~ *Dr. Bob Baugher*
65. Are There Twinkies in Heaven? Talking with Children and Teens About Death ~ *Allie Sims Franklin*
66. Broken Heart, Broken Spirit, Resilient Soul ~ *Dr. Mark Keep*
67. Coping With the Loss of a Child ~ *Melanie Warner* *
68. Daughterless Mothers: Coping with Grief - A Panel~ *CoraleaseRuff, RN, Ph.D.*
69. Finding Grace in Our Sorrow ~ *David & Elaine Howlett* *
70. From Traumatic Grief to Spiritual Awakening ~ *Sara Ruble & Shari O'Loughlin*
71. Got Ink? ~ *Katelyn Stoskus & Dylan Stoskus*
72. Grief Doesn't Stop When Work Starts ~ *Stephanie J. Champion* *
73. Grief PTSD is REAL! ~ *Cathie Gray* *
74. Guilt: Coping with "If-onlys" and "I Should Haves" ~ *Dr. Bob Baugher*
- Other Topics Related to Grief
75. Had It All; Lost It: Rebuilding ~ *Lynn Dickerson* *
76. Healing When Faith is Not an Option ~ *Peggi Johnson*
77. How to Deal with Grief Bullies & Others Who Want Us to Stop Grieving ~ *Dennis Apple*
78. I Am My Child's Memory Keeper ~ *Denise Kruzel* *
79. I Need You to Know: Coping and Communicating with Others after a Death ~ *Vicki Scalzitti*
80. Moving Forward with Love, Laughter, and "Power Grieving" ~ *Bart Sumner*
81. Nuestros Hijos e Hijas por Siempre en Nuestros Corazones ~ *Nivia Vázquez & Dr. Mercedes Marqués*
82. Pregnancy and Infant Loss Resource Network ~ *Margaret Pilon & Gary Vogel* *
83. The Sole/Soul Journey in Grief ~ *Sara Ruble*
84. Struggling to Reclaim My Faith ~ *Dennis Apple*
85. Sunday Morning Chapel Service ~ *Dr. Doug Jensen*
86. "Why Did You Say That?" - Understanding the Reasons Others Say Inappropriate and Unkind Things to Bereaved Parents and What We Can Do About It ~ *Candace Hulsey*
- Siblings 9-12**
87. Loss of an Older Sibling at a Young Age ~ *Katelyn Stoskus* *
- Teen Siblings & Adult Siblings**
88. The Fault in Our Stars & Other YA Books: A Workshop for Teens ~ *Kimmy Meyer* *
89. Healing Through Connections ~ *Sarah Hartranft & Jamie Herrera* *
90. Issues and Tissues ~ *Katelyn Stoskus & Dylan Stoskus*
91. Let Yourself Shine ~ *Jen Odegard & Jamey Walter*
92. Parents Being Parents: Adult Panel for Siblings Only (Age 16 and Older) ~ *Bobbi Milne*
- Siblings 18+**
93. Adult Bereaved Siblings, What Do We Do With Our Parents? ~ *Cynthia Tart Bowers*
94. For Siblings Who Are Parents: The Fears of Losing a Child After Losing a Sibling ~ *Andrea Keller* *
95. Grief Journaling Workshop for Siblings ~ *Kimmy Meyer* *
96. How's Your Mother? ~ *Jordon Ferber*
97. Two Different Paths of Sibling Loss ~ *Bobbi Milne & Tracy Milne Edgemon* *
- Siblings 21+**
98. Siblings Grieve Too (for Siblings Over 18 Years Old) ~ *Heidi Horsley*
- Siblings All Ages**
99. Blended families: Building & Maintaining relationships after loss ~ *Kimmy Meyer* *
100. From Survivor's Guilt to a Striving Sibling ~ *Ema Kamara* *
101. Sibling Panel for Siblings ~ *Keith Singer*
102. Sibling Stories - A Chance to Remember, Celebrate and Share ~ *Karen Soltero*
103. Starting a Sibling Chapter ~ *Keith Singer*
104. Suddenly Alone ~ *Jordon Ferber*



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P.O. Box 540852 Omaha NE 68154-0852

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Please send poems, articles, or book reviews for the May-June newsletter
by April 1

Newsletter@tcfomaha.org

We are looking for some regular writers and a newsletter editor for 2017 (4 remaining issues).
If you can regularly attend support group meetings, ask how you can help!



Omaha Gives! is a one-day online fundraising event organized by the Omaha Community Foundation and held on May 24 to raise support for nonprofits in Douglas, Sarpy, and Pottawattamie Counties. It is a community-wide event to show off the area's spirit of giving, raise awareness about local nonprofits, and celebrate the collective effort it takes to make this city great. Since 2013, this community give-together has raised over \$27 million for 789 nonprofits!

HOW CAN YOU GET INVOLVED?

- Give to your favorite nonprofit – the minimum donation is only \$10.
- Schedule a donation starting May 1st or donate during the event on May 24.
- www.omahagives24.org

